



Focusing On Fiber:

Prebiotic, Soluble & Insoluble Fiber

Created by Orange Tree Health and Wellness

What is Fiber?

Fiber is the non-digestible material in plant foods that promotes digestive health, regulates blood sugar, reduces cholesterol levels, and decreases the risk of certain chronic diseases and conditions, including: diabetes, colon cancer, heart disease, and constipation.

PREBIOTIC

- **What is it?**
 - Plant material that feeds the good bacteria in the gut and facilitates the production of short-chain fatty acids (SCFAs).
- **Benefits**
 - Promotes digestion
 - Protects colon from bad bacteria
- **Examples**
 - Avocado
 - Banana
 - Garlic & Onion

SOLUBLE

- **What is it?**
 - Plant material that is water-soluble and regulates digestion.
- **Benefits**
 - Manages diarrhea
 - Lowers cholesterol
 - Regulates blood sugar levels
- **Examples**
 - Apples
 - Oatmeal
 - Black Beans
 - Brussels Sprouts
 - Flaxseeds

INSOLUBLE

- **What is it?**
 - Plant material that is not water-soluble & adds bulk to stool.
- **Benefits**
 - Supports regular bowel movements
 - Decreases constipation
- **Examples**
 - Fruit with skin or seeds (pear, raspberry)
 - Kale
 - Green Peas
 - Whole Wheat Bread

WAYS TO INCREASE FIBER INTAKE



Recommendation: 25-30 grams per day

Fiber-Rich Food Sources

- **Fruits**
 - ½ cup Raspberries = 4 grams
 - 1 Pear = 5.1 grams
- **Vegetables**
 - ½ cup Broccoli = 2.5 grams
 - ½ cup Frozen Mixed Vegetables = 4 grams
- **Grains**
 - ½ cup Quinoa = 5 grams
 - 1 slice Whole Wheat Bread = 2 grams
- **Legumes**
 - ½ cup Pinto Beans = 7.7 grams
 - ½ cup Lentils = 7.8 grams
- **Nuts**
 - 1 oz. Almonds = 3.5 grams
 - 1 oz. Peanuts = 2.7 grams
- **Seeds**
 - ¼ cup Sunflower Seeds = 1.1 grams

Additional Recommendations:

- Gradually increase fiber intake by 3-5 grams every few days, as tolerated.
- Increase water intake as fiber is added to the diet.